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FINGER LICKIN'

PAMPANGA

DELICACIES

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By

MARIANO A. HENSON

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PAMPANGA

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2nd Edition
Copyright, 1974

By

MARIANO A. HENSON

and

ORENCIO L. HENSON

FOREWORD

THE KITCHEN recipes of Mr. Hizon' (I won't call him his real name as, the modest man that he is, he may prefer anonymity)... I know of no better anthology of Pampango cooking... Mr. Hizon is a meticulous man of the old school, and leaves nothing to chance, especially in matters culinary...

(From Women's Magazine's
The Soap Box
December 11,1959)

E. Aguilar Cruz
Editor
The Daily Mirror

CULTURAL CONCENSUS awards to Pampango cooking the country's culinary laurels... Mariano A. Henson is an old Pampango gentleman who has gathered what is perhaps the best anthology of Pampango cooking. Henson, a historian, genealogist, chemist, and connoisseur, for years tested and recorded all the dishes prepared in his household...

(From The Sunday Times Magazine
page 44,Vol XV No. 21
January 3,1960)

P. C. Mauricio
Editor
The Sunday Times Mag.

So when Mariano A. Henson, gentleman of the old school came out on Oct.12,1968, with a cook book to end all cook books, it was something short of an historical event... Don Mariano leaves nothing to chance, down to the smallest ingredient. The difference between a good cook and a bad one is often a talent for trivial things... Viewed in this light, Don Mariano's cook book (Ing Cusinang Capampangan) is also a historical and economic record that evokes nostalgia for the grand old cooks of yore. Grandmothers (and grandfathers) who used to look upon cooking as a source of family pride will undoubtedly regard Don Mariano's book as an occasion to evoke pleasant memories by the stove...

Manila Times Magazine
March 23,1969

Julie Yap Daza

With difficulty I managed to translate at last into English and Tagalog Ing Cusinang Capampangan with the aid of my beloved Capampangan third wife Felisa Lauchengco Henson who is also conversant with Tagalog. In so doing, I strove not to bamboozle the common reader but to choose the simplest words whenever there is a commonly used equivalent for easy comprehension even to the lowest grade pupil who wants to cook and entertain her palate. Hence I repeated measures instead of writing "do" or ditto marks, avoided academic culinary terms like julienne cuts, marinate, dredge, smidgen, shuck (oysters), simmer, crouton, hors d'oeuvre - for the tongue and the palate do not understand rhetoric. To avoid confusion of cloves of garlic with spice of cloves, I wrote clavos de especia for the latter. Only a few selected dishes were lifted from Ing Cusinang Capampangan's 160 and odd recipes like Kari (1), Atsara (118), Fondue (132), Pastel (137) that one must not necessarily be a wealthy Lucius Licinius Lucullus (110?-57? B.C.) to taste Finger Lickin' Pampango Delicacies better nay excellent than a fat dormouse.

Magalang, Pampanga
November 25,1973

Mariano A. Henson

RECIPE No. 1

KARI

1	buntot ng baka (tail)
1	pata (foot and leg)
1	nguso ng baka (upper lip)
1	librilyo ng baka (3rd stomach or omasum)
1	bundle sitao, green slender variety
2	pieces young eggplants, elongated variety
1	piece puso ng saging butuan, not yet sprouted
1	cup peanuts toasted brown, skinless and ground
1	cup rice clean, toasted brown and ground
3	heaping tablespoons of achuete seeds steeped in 1 cup water overnight
3	cloves garlic peeled, crushed
1/2	cup bagoong alamang, whole-bodied not melted
1/2	cup cooking oil
1/2	teaspoon black pepper powdered
1/2	teaspoon salt

In a deep used clay pot boil for 18 hours until tender the clean buntot, nguso, pata and librilyo in sufficient water, cover it and replace the evaporated water now and then. Rub achuete to bring out color, filter and setaside. Remove the rough skins of the puso ng saging and cut puso into desired pieces including the eggplant but the sitao. If the meat is already tender remove and set aside. While boiling drop all the vegetables and parboil 3 minutes, remove and set aside. Chop garlic and saute in cooking oil in another clay pot until brown. Add one at a time and mix: salt, pepper,

achuete coloring, peanut, rice on low fire.

Drop meat and stir slowly for 1 minute. Add slowly one-half of the stock (broth). Let boil 5 minutes and lastly add vegetables immediately after pot is removed from fire. The remaining stock can be used as soup mixed with diced pan de sal fried crisp in sauted garlic. The Kari doesn't appeal to the Lucullian palate unless it is pampered with punctuations of its Bagoong Sauce, which follows:

Bagoong Sauce

1	cup bagoong alamang (full-bodied) not melted
1/2	cup boiled pork with skin, diced
2	heads garlic, skinned and chopped
	Juice of 3 calamansi

In another clay pot fry the pork in its own lard and make crackling. Set aside. In low fire saute garlic until brown with this lard and add bagoong and stir continuously. Add calamansi juice and the crackling. Remove from fire immediately.

Serving : 4 bandejados for 20 persons

RECIPE No. 2

MACARONI

1	pullet (about 800 grams) dressed and cleaned
1	cup of 100 grams pork skin without fat
2	packages macaroni
2	pieces small chorizo or cantimpalo
1	can Spanish tomato (7 ounces)
1	small can champignon or button mushrooms (4 ounces)
1	tall can Alpine evaporated milk (14 ounces)
1/4	kilo cooked Hoksiw ham without fat, diced
6	tablespoons Golden State butter
1	tablespoons paprika or pimenton, fresh
4	tablespoons grated Edam or Parmesan cheese
4	yolks red of fresh eggs
1	tablespoon salt
3	sprigs of coriander or culantro

Simmer chicken and pork in sufficient water, cover it for about 2 hours. Cut macaroni 1-1/2 inch and boil it apart 1-1/2 hour in plenty of salted water, drain in colander and set aside. Cut chicken, liver, gizzard, pork skin, in small 1-inch pieces, set aside. Likewise cut chorizo in smaller bits and fry in 2 tablespoons of butter until brown. While stirring and the rest of the butter, paprika, chicken, liver, gizzard,pork, ham, eggs, milk, champignon, tomato and macaroni. Spinkle with cheese and bake in low heat oven for 1/2 hour until macaroni becomes firm. While hot before serving, garnish with culantro on the table. If kept in refrigerator it is excellent next morning.

Serving : 25 persons

RECIPE No. 3

SUN PIA

1/2 kilo pigi (fresh pork ham)
50 medium-size fresh shrimps 1 "litro"
10 dried mushrooms, stems and crowns removed
soaked 1/2 hour in water, scrubbed well and diced
2 dried fish "phe-ji" soaked in boiling
water 2 minutes, cleaned of scales
3 slabs tokwa diced
Water chestnuts diced 12 ounces can
Bamboo shoots diced 12 ounces can
2 tablespoons Kikkhoman soy sauce
1 small stalk native pechay chopped
3 small stalks green onion finely chopped
1 cup cornstarch dispersed in little cold water
2 beaten eggs
60 lumpia wrappers
1/2 kilo lard or good edible oil

Salsa agri-dulce

1-1/2 teaspoons cornstarch dissolved gradually with
stirring in little cold water
1 teaspoon refined sugar
1 finger-nail size ginger peeled, chopped
1/4 teaspoon refined salt
2 teaspoons good nipa (sasa) vinegar
1 cup boiling stock or hot water

Shell, remove heads, tails, appendages and devein shrimp. Pound in a mortar shells, heads, tails, etc. Add 3 tablespoons water and squeeze, and filter shrimp juice. Set aside. Chop ham together with phe-ji on a chopping block (sangkalan). In an old clay pot fry gently in 3 tablespoons lard the pork-pheji with constant stirring until light brown. Lower flame. Add in this order: soy sauce,, shrimps, meat, mushrooms, shrimp juice, water chestnuts, bamboo shoots, tokua, with constant stirring. After 15 minutes cooking, remove from fire. Combine now pechay and green onion and mix well with the whole mass. Roll out tight the mass in wrappers, seal on both ends. Dip every finished roll in mixture of cornstarch dissolved in little cold water and 2 beaten eggs. Deep-fat fry the Sun Pia until golden brown. Cut every roll into 3 pieces and pile them on platters.

Salsa agri-dulce

Combine gradually cornstarch, soy sauce, sugar, salt, ginger, vinegar in 1 cup boiling stock (like chicken) or water boiling with constant stirring to the desired consistency.

Serving : 3 platters (bandejados) good for 20 guests

RECIPE No. 4

ASADO DE CARAJAY*

1/2	native pullet, cooked and cut 1-1/2 inch
3/4	cup dried banana flowers (37 grams)
1/2	cup taingang daga (20 grams)
1	cup dried mushrooms (12 big) without stem and crown, scrubbed in cold water
2	tablespoons Kikkhoman soy sauce
2	tablespoons good rice wine like Shao-Hsing (la Tondenna)
1	tablespoon lard
1	teaspoon salt
1	teaspoon sugar
	finger-nail size ginger without skin
2	cups water

Soak in plenty cold water banana flowers, taingang daga and mushrooms 1/2 hour. Knead in soy the chicken and fry in an old clay pot 5 minutes with constant stirring. Add rice wine and salt. Pour water and boil gently a moment. Drop banana flowers, mushrooms, taingang daga and ginger. Fit cover to pot and cook 1/2 hour in low fire until embers only remain. Add sugar and stir before serving.

Serving : 8 persons

*Carajay is Kawali

RECIPE No. 10

FISH FILLET WITH BEARNAISE SAUCE

1 Apahap (sea bass) regular size fish
2 eggs
1 American lemon
10 pieces bizcocho de cana crumbs
1/2 cup lard
1 teaspoon refined salt
1 tablespoon Golden State butter

Clean and remove skin and bones of fish. Cut 1 inch long pieces. Knead in salted lemon juice. Beat well eggs and butter. Press and roll fish on bizcocho crumbs. Dip in egg-butter mixture. Roll again on crumbs. Fry brown in lard. Serve with the following sauce in bowl.

Bearnaise Sauce

1/2 white onion peeled and chopped
3 tablespoons good nipa vinegar (sasa)
3 tablespoons hot water
4 egg yolks beaten
1/8 teaspoon paprika (pimenton) McCormick, Fresh
1/4 teaspoon refined salt
4 tablespoons Golden State butter

Boil onion, vinegar and water 1 minute. Add eggs, paprika, salt, butter. Stir until thick.

Serving : 7 persons

RECIPE No. 12

COCIDO A LA ESPAÑOLA (PUCHERO)

1 native pullet (800 grams) dressed and cleaned in little water
1/4 kilo pork
1/4 kilo beef tenderloin (imported)
1 tablespoon chopped ham and chopped bacon
4 small dry Spanish chorizos thinly sliced
1/2 kilo green beans, ribs removed, tied with thread
1/2 kilo green cabbage quartered
3 saba ripe bananas peeled and halved
1 big white onion cut in 4 pieces
1 medium size can garbanzos (chickpeas)
1/4 kilo or 2 big potatoes boiled and peeled
1/4 kilo carrots boiled
5 tablespoons Spanish olive oil, genuine
3 cloves garlic peeled and crushed
1/2 teaspoon white pepper McCormick
1 teaspoon refined salt

In covered old clay pot boil gently chicken, pork and tenderloin in sufficient water to cover meat. If pork and tenderloin are not tender in 3 hours that means you've encountered meat of several anniversaries. Continue boiling until softened but remove and set aside chicken first. When tender cut the three meats 2 inches long and set aside. Add sufficient water to the dwindling stock if necessary. Dump now the clean potatoes, carrots and beans and cook 1 hour. Cut potatoes and carrots into 4 or 6 pieces and set aside with beans uncut and tied. Set aside stock in another vessel. Saute

now garlic in olive oil until brown, add pepper and salt, lower heat and stir. Pour the chicken, pork, beef, ham, bacon, chorizo and onion. Stir. Add chickpeas, potatoes, carrots, saba bananas. Stir slowly. Pour now the stock and immediately the beans untied, lastly the cabbage. Lower heat. Turn often. Do not cover pot to the end. Cook 5 minutes more. Should you encounter tough meat wrap it up with crushed papaya leaves for 2 hours before cooking.

Serving : 6 platters (bandejados)

RECIPE No. 15

KILAWIN

1/2 kilo pork
1/2 kilo pork's liver
1/2 kilo pork's lung
1/3 cup good nipa (sasa) vinegar
2 heads garlic peeled and crushed
1 big onion peeled and chopped
1/3 teaspoon pepper McCormick
1 teaspoon refined salt
2 tablespoon lard

Cut into smallest serving portions apart the pork, liver and lung. Knead pork and liver in vinegar with salt and pepper. Set aside. Soak lung in the same vinegar for 1 hour, set aside. In an old clay pot "palayok" saute garlic 1/2 minute followed by onion in lard over low fire. Pour first lung on the hot lard and let it crackle for 3 minutes, secondly the liver for 1 minute, thirdly the pork, not otherwise. Turn occasionally but do not stir. Add now remaining vinegar with salt and pepper. Do not cover. Replace the water of the evaporated liquid. Let it boil for 2 hours in low heat. Stirring now and then advisable as soon as it boils. Fit clay lid without overlapping.

Serving : 3 platters (bandejados)

RECIPE No. 21

TORTANG BABI

1/2 kilo pork with some fat
4 cloves garlic peeled and crushed
1/4 big onion peeled and chopped
3 eggs
4 small tomatoes cut in 4 pieces
1 teaspoon refined salt
1/8 teaspoon pepper McCormick
4 tablespoons lard

Beat well 3 eggs. Set aside. Mince, do not grind, pork. In a saucepan saute garlic, followed by onion stirring and crushing in 3 tablespoons lard. Add salt and pepper, next tomatoes followed immediately by meat. Turn often and cook gently for 5 minutes. Remove from heat. Set aside in another vessel. Beat eggs again. Pour 1/2 of the eggs over meat and mix thoroughly with iron flat ladle (siyansi). Moisten inside of saucepan with 1 tablespoon lard. Heat it anew. Remove from heat and pour over the rest of beaten eggs, quickly tilting and spreading eggs in circular motion. Drop and shape the meat tapping it to the desired form and thickness. Heat a little bit. While on saucepan cover the torta with inverted dish. Holding dish tightly with fingers, invert saucepan carefully and twist dish so that torta will fall clear on dish. That's all there's to it.

Serving : 2 platters (bandejados)

RECIPE No. 23

ADOBONG MANOK AT BABOY

1/2 kilo native pullet dressed and cut up
gizzard patted several times flat with knife
before opening and cleaning and chicken liver
1/2 kilo lean pork cut into 1 inch square
1/2 teaspoon peppercorn or whole pepper
1/2 cup old nipa (sasa) vinegar
1 tablespoon refined salt
1 head garlic peeled and chopped
1/2 big red native onion peeled and sliced
2 tablespoons lard
2 tablespoons Kikkohman soy sauce
2 cups boiling water

In old balanga clay pot knead 5 minutes pork, chicken, gizzard and liver in nipa vinegar pickled with salt, garlic and pepper. Pour boiling water enough to cover meat. Do not stir. Cook in low fire. Fit clay cover without overlapping. Upon boiling add soy sauce, onion and lard. Stir cook gently further until garlic darkens and adobo's sauce becomes thick.

Serving : 2 platters (bandejados)

RECIPE No. 34

PORK AND SHRIMP BALLS IN TOMATO SAUCE

1/2	kilo pork minced
1/4	kilo fresh shrimps shelled, deveined, and minced jointly with the pork
2	cloves garlic peeled and crushed
10	small stalks spring onion chopped
1/2	big onion peeled, chopped
1	beaten egg
1	can Spanish tomato (7 ounces)
5	heaping tablespoons corn starch
4	tablespoons lard
2	teaspoons refined salt
1/2	teaspoon black pepper powder
1	cup boiling water

Mix and knead in the following order, not otherwise: salt, pepper, garlic, spring onion, 1/2 beaten egg, lard. Mix little by little with the pork-shrimp mixture. Knead gradually with the corn starch until smooth. Force the mixture into balls the size of calamansi lemon. Heat in a skillet 3 tablespoons lard. Drop and arrange balls in batch of 12 and fry, roll until brown and firm but soft. Set aside and drain. Repeat operation with remaining balls until done. Set aside. and drain. Scoop lard under balls and gather along with remaining on the skillet. Saute the tomato in the same lard followed by the chopped onion. Stir until onion wilts. Pour now all the balls. Cook gently for 5 minutes more. Add boiling water. Boil once and sprinkle 1 teaspoon salt. Remove skillet from fire. Immediately add remaining beaten egg and stir thoroughly.

Serving : 36 balls in 2 platters (bandejados)

RECIPE No. 36

BATSUY

2 pieces pork kidney
1 piece pork spleen (lapay) cut into 1/2 inch square
1/4 kilo pork liver cut likewise
2 cloves garlic peeled and crushed
1/4 big red onion peeled and minced
1-1/2 inch-size ginger, peeled, crushed
2 tablespoons good patis of fishy taste
5 cups water

Trim fat from kidney and set aside. Remove white membranes from kidney that causes objectionable odor and taste. Wash well and cut into 1/2 inch square. Set aside. In an old clay pot, melt gently the kidney fat and fry spleen until tender. Saute garlic followed by onion, stir. Pour patis, stir. Add kidney and 1/2 cup of water to boil 15 minutes. Drop ginger, stir now and then. Pour remaining water and let boil further gently. Fit clay cover without overlapping. Two minutes before serving, drop liver and remove ginger for good.

Serving : 3 bowls

RECIPE No. 37

HAMBURG STEAK

1/2	kilo ground lean beef tenderloin
1/2	cup red onion peeled finely chopped
6	small spring onion stems, chopped
1	egg lightly beaten
1	cup soft bread crumbs
	Juice of 1/2 lemon
1	tablespoon Worcestershire Lea & Perrins or C.H.B.
1/2	cup sweet mixed pickles
3	sliced tomatoes
1	tablespoon Golden State butter
1	teaspoons refined salt

Mix well all ingredients in the following order, not otherwise, to avoid uneven distribution: salt, lemon, Worcestershire, onion, beef alternately with bread crumbs and spring onion. Knead mixture in butter and egg. Shape into 15 patties. Broil 8 minutes on each side on rack. Serve with sliced tomato and sweet mixed pickles.

Serving : 15 patties in 2 platters (bandejados)

RECIPE No. 39

CARDILLO

1	dalag medium-size fish
6	tablespoons lard
6	cloves garlic peeled and crushed
1/2	big onion peeled and sliced
3	small stems green onion, minced
1	teaspoon good patis of fishy taste
1	medium-size tomato, minced
3	eggs beaten
3	cups water

Skin dalag with a knife, dress and slice 1/2 inch. In a skillet heat lard and fry dalag a few minutes. Drain and set aside. In the same lard saute garlic until brown followed by onion, patis, tomato and stir. Add now all the dalag, turn and baste carefully. Pour 3 cups of water and boil once. Remove from fire and immediately drop eggs and green onion. Stir and turn carefully.

Serving : 2 platters (bandejados)

RECIPE No. 40

CHOW KEE FAR HIGH

3	crabs boiled in 1/2 cup water and covered, meat shredded fine
1	medium size onion peeled and chopped
1	nail-size ginger, peeled and chopped
4	sprigs American celery, chopped
1	cup or 12 dried Chinese mushrooms, without crowns and stems, soaked in water 1/2 hour, chopped
1	tablespoon lard
8	well beaten eggs
3/4	cup Alpine evaporated milk 6 ounces
1/2	teaspoon refined salt
1/8	teaspoon pepper McCormick
1	teaspoon Kikkhoman soy sauce
1	teaspoon cornstarch
1	tablespoon Golden State butter
2	stems spring onion chopped fine

In a porcelain saucepan saute gently in lard onion until brown, followed by ginger and crab meat 3 minutes, then by mushrooms and celery 2 minutes. Set aside. In a bowl beat eggs together with milk, cornstarch, salt, pepper and soy sauce. Set aside. In the same saucepan melt butter. Lower flame and cook over embers. Pour mixture of onion, ginger, crab, mushroom, celery, eggs, milk, salt, pepper and soy sauce. Stir often. Add spring onion. Immediately remove from stove and serve hot.

Serving : 2 platters (bandejados)

RECIPE No. 47

WEN LOONG PAI FUNG

3	crabs boiled in 1/2 cup of water and covered, meat shredded fine
1	native pullet (800 grams) dressed
1	tablespoon Golden State butter
1	nail-size ginger peeled, chopped
1	piece cooked carrot diced
1	cup cauliflower separated into flowerettes
1	cup or 12 dried Chinese mushrooms without crowns and stems soaked in water 1/2 hour, chopped
1/2	teaspoon refined salt
1/8	teaspoon pepper McCormick
1	tablespoon Kikkhoman soy sauce
1	teaspoon cornstarch
1	teaspoon parsley flakes Crosse & Blackwell
18	teaspoons molded soft-cooked rice
1	cup water

In an old clay pot "palayok" boil gently and cover chicken and carrot in 1 cup water until tender. Pick and shred chicken meat. Set aside meat and broth apart. Dice carrot. Set aside. In t6he same palayok melt butter and fry chicken gently 5 minutes, stirring often. Add salt, pepper, soy sauce, ginger, mushrooms, carrot, cauliflower and crab meat shredded, with frequent stirring. Pour chicken broth and cook 5 minutes further. Gradually dissolve cornstarch to thicken broth and stir. Remove from heat and transfer to platters. Sprinkle with parsley flakes. Trim platters with molded spoons of soft-cooked rice around.

Serving : 2 platters (bandejados)

RECIPE No. 51

LENGUA A LA MARINERA

1 ox tongue
1 tablespoon butter
2 big pan de sal cut into 1/2 inch square
1/2 cup pork omentum (ampella) fat or untosinsal
1 big onion peeled, sliced
1 small can champignon mushroom (4 ounces)
1/2 cup or 9 tablespoons rice wine Shao-Hsing
1 heaping tablespoons cornstarch dissolved in
1/2 cup cold water
1 piece carrot diced
1/2 teaspoon thyme powder McCormick
1 teaspoon refined salt
5 cups water

In an old earthenware boil in sufficient water for 6 or more hours until tender the tongue, cover it without overlapping. Scoop up and scrape white coating, discard it. Slice 1/2 inch and marinate (steep) in rice wine spiced with thyme and salt for 1 hour. Set aside. Strain the broth, scoop up the lard apart in a cup. Set aside. In a large saucepan melt butter in low flame and drop the pan de sal cubes, turn and turn. Add omentum fat, stir until melted. Scoop up pan de sal, drain and set aside. In the same hot butter and fat saute onion until brown. Drop now one by one the tongue pieces including wine and spice. Stir and turn. Add the lard, champignon, its sauce and carrot. Stir. Pour broth and let it boil 2 minutes. Add cornstarch. Stir and cover until sauce thickens. Add more water if necessary. Serve and arrange the tongue with the pan de sal cubes, carrot and champignon around.

Serving : 2 platters (bandejados)

RECIPE No. 57

SPECIAL FRIED RICE

1/2 cup native cooked chicken, shredded
10 cups steamed rice from 1-1/2 "litro" rice
3 pieces good Canton chorizo sliced thin
1-1/4 cup water chestnut or a can 12 ounces
1/4 cup or 5 dried big mushrooms, with crowns and stems removed, scoured and soaked in water
1/2 hour, cut in small pieces
1/4 cup taingang daga, likewise soaked in water and cut
1/4 cup cooked shrimps in very little water, shelled and cut
1/4 cup cooked crab meat, shredded
4 tablespoons Kikkhoman soy sauce
4 beaten eggs
6 small stems of spring onion cut fine
3 tablespoons lard
1 cup water

Smear inside a big kawali saucepan with 2 tablespoons lard and put over a low flame. Pour by cups steamed rice, stir and turn continuously with the "siansi" blade and fry for 10 minutes. In another big skillet fry and turn chicken for 3 minutes in 1 tablespoon lard. Add chorizo, water chestnut, mushroom, taingang daga, shrimp, crab, soy sauce. Turn and stir continuously for 3 minutes in low fire. Pour now water and cook for 15 minutes further. After this, scoop up fried rice and blend well with the ingredients. Turn and crush with "siansi". Pour beaten eggs and turn 1 minute thoroughly. Immediately remove from fire. Sprinkle with spring onion and serve.

Serving : 6 platters (bandejados)

RECIPE No. 59

SHRIMP CURRY

300 grams medium-size fresh shrimps
1/2 big onion peeled and chopped
1 tablespoon lard
1 tablespoon Golden State butter
1 tablespoon cornstarch
1 teaspoon curry Madras or Morton
1 piece medium-size carrot diced
1 piece red pimento or sweet pepper cut into
1/2 inch square
1/2 teaspoon parsley flakes Schilling
1/2 teaspoon refined salt
2 cups water

Remove head, shell and tail of shrimps. Slit back and devein. Set aside. Pound head, shell and tail in a mortar and soak them in 2 cups water. Squeeze and filter shrimp juice. Set aside. In an earthenware heat lard gently and pour cornstarch. Stir a moment. Drop immediately onion, stir until brown. Add shrimps and salt, stir until they become pinky. Put curry next and stir. Moderate flame. Pour shrimp juice and carrot. Boil 5 minutes. Next add sweet pepper, parsley and lastly the G.S. butter. Stir occasionally. Cook 5 minutes further on lowest flame.

Sevrve with 6 molded steamed rice in tablespoons around on each platter.

Serving : 2 platters (bandejados)

RECIPE No. 60

SALSANG TOKWA AT TAHURI

1 slab tokwa (bean cake) sliced thin sidewise
1 clove garlic, peeled, crushed
1 small native onion, peeled, sliced
1 medium-size ripe tomato chopped
1 white freshly made tahuri (bean curd) not canned
2 tablespoons lard sprigs of kulantro (coriander) or ungsoy
1 cup water

In a skillet fry tokwa in lard 2 minutes. Drain and set aside. In the same skillet cook garlic, onion, tahure and tomato, stirring often. Pour 1 cup water, stir and boil. Add tokwa. Lower heat 2 minutes. Stir and add kulantro. Immediately remove from stove.

It's delicious with PESANG BULIG and UPO BROTHS.

Serving : 2 soup plates (soperos)

RECIPE No. 62

SINIGANG NA BABOY

1/2 kilo pork meat with fat cut in serving portions
2 pieces medium-size tomatoes, quartered
1 big piece ripe santol fruit, peeled, quartered, pit removed
Handful camias flowers, stems removed
20 pieces medium-size native gabi, peeled, quartered and soaked in water
5 pieces green long sili (hot pepper)
2 tablespoons good patis of fishy taste
5 stems of native pechay cut 3 inches
10 cups water

In a balanga clay pot boil 10 cups water. Drop santol, sili and gabi. After 5 minutes add pork. Turn occasionally and cover with clay lid without overlapping. Lower heat. Cook for 10 minutes further. Drop now pechay, tomatoes, camias flowers and patis. Stir and turn carefully. Remove lid and balanga from stove.

Serving : 15 bowls

RECIPE No. 63

ASADO PAMPANGO

1/2 kilo pigi (fresh pork ham) cut in serving portions
1/2 cup Kikkhoman soy sauce
Juice of 3 kalamansi filtered
1 head garlic, peeled and chopped
2 tablespoons rice wine Shao-Hsing
10 pieces peppercorn
2 pieces bay leaf
1/2 teaspoon oregano powder McCormick
Dash of cinnamon powder
2 tablespoon lard
1 cup water

In an old clay pot saute garlic in lard until lightly brown. Scoop up garlic and set aside. Moderate flame. Fry pigi and turn continuously until brown. Pour and stir kalamansi juice, rice wine, peppercorn, oregano, cinnamon, bay and garlic. Add water to cover all ingredients and meat. Fit a clay lid. Cook gently for 2 hours until embers only remain and meat is tender. Turn and stir every 10 minutes.

Serving : 1 platter (bandejados)

RECIPE No. 64

BULANGLANG CAPAMPANGAN

1	medium-size (1/2 kilo) bangus fish, clean of scales, fins, tail and innards
1/4	kilo pork meat with fat
1/2	kilo fresh shrimps unshelled but with the head pricks cut, scalded in little boiling water
10	pieces medium-size ripe guavas, quartered
2	cups chicharron cut
	Handful of sili leaves
1	tablespoon good patis of fishy taste
1/4	cooked bagoong alamang with sauted garlic
6	cups water

In an old balanga clay pot boil pork in 6 cups water. Cover and fit lid. After pork becomes tender, add bangus. Moderate fire. After 5 minutes pour shrimps, chicharron, guavas and patis. Cover and cook 5 minutes further. Remove cover and balanga from fire. Drop sili leaves. Stir gently and serve immediately with the bagoong as the sauce.

Serving : 6 bowls (escudillas)

RECIPE No. 67

CRAB OMELET WITH PATOLA AND SWEET PEPPER

6	pieces medium-size crabs (735grams)
1	small fresh patola pared and finely cut
1	ripe sweet pepper, seeds removed, pulp scraped
5	small stems of spring onion, finely cut
1/2	big onion peeled, chopped
3	cloves garlic, peeled, crushed
2	beaten eggs
2	tablespoons lard
1	teaspoon Kikkhoman soy sauce
1/8	teaspoon white pepper powder
1/4	cup water for boiling crabs

Boil crabs in little water and cover until red. Beat carefully claws and feet to obtain the meat besides that from the body. Shred the meat which now measures 2-1/2 cups and weighs 345 grams net. Set aside. Knead crab meat in pepper, sweet pepper pulp and spring onion. Heat lard gently in a "cawali" skillet. Saute garlic until light brown followed by onion 1 minute and soy sauce. Add patola, stir until wilted. Pour crab meat, pepper, sweet pepper pulp, spring onion, mixture and 1/2 of the egg. Stir and mix thoroughly. Remove from fire, set aside.

Moisten inside skillet with lard in circular motion. Heat it anew. Lift and pour the rest of beaten eggs, quickly tilting and spreading eggs in circular motion. Drop and shape omelet tapping it to the desired form and thickness. Heat a little bit. While on skillet cover omelet with inverted dish. Holding dish tight with fingers, invert now skillet carefully and twist so that omelet will fall clear on dish anew.

Serving : 1 platter (bandejado)

RECIPE No. 68

PAKSIW NA ISAW

(Pacsing Iso)

1	kilo pork flat small intestine (Isaw), lapay (spleen), liver and kidney
1/4	cup rice wine Shao Hsing
3/4	cup good nipa (sasa) vinegar
	Juice of 2 kalamansi, filtered
1	level teaspoon peppercorn
1	teaspoon refined salt
1	teaspoon oregano McCormick
2	pieces bay leaf (laurel)
1	teaspoon Kikkhoman soy sauce
1	head garlic peeled and crushed
2	cups water

Slit lengthwise and remove white membrane from kidney that causes objectionable odor and taste. Clean and rinse well intestine. Cut and wash kidney, spleen, liver and intestine into serving portions 1 inch. Steep for 1 hour in rice wine, sasa vinegar, kalamansi juice, peppercorn, salt, garlic, bay leaf and oregano.

After 1 hour pour on an old balanga clay pot 2 cups water and dump carefully the meat with all aforementioned ingredients. Do not stir and do not cover until it boils once on low flame. Cover now and fit clay lid. Stir occasionally with embers remaining as fuel. Add soy sauce and stir.

Serving : 3 platters (bandejado)

RECIPE No. 71

BOUILLABAISSE DE MARSELLA

1-1/2 cups alamang (tiny shrimp)
2 alimango and 2 alimasag crabs medium size
1/2 cup fat oysters from Malabon or Dagupan
10 medium-size shrimps, shelled and deveined
1/2 cup tulya (smallest clam)
10 pan de sal crumbs
1/2 big onion peeled and chopped
2 medium-size tomato, chopped
1/4 good rice wine Shao Hsing
1/4 cup Gilbey's or A. van Hoboken, gin
Juice of 2 kalamansi
3 cloves garlic peeled, crushed
1 bay leaf
1/2 teaspoon thyme powder McCormick
1/2 teaspoon parsley powder McCormick
Finger nail-size dilaw (curcuma) peeled, crushed
1 teaspoon refined salt
2 tablespoons lard
1/8 teaspoon black pepper powder McCormick
3 cups water

In an old "balanga" clay pot boil 5 minutes in 1/4 cup water the crabs and tulya and cover. Set aside broth. Pick the meat of crabs and tulya. Set aside. Pound in a big mortar the shells and heads of shrimps and likewise the shells and feet of the crabs. Add 1/2 cup water and squeeze and filter

the resulting juice there-from. Set aside. Knead bread crumbs in this juice, salt, pepper, kalamansi. Set aside.

In the clay pot heat lard over moderate fire and saute onion until wilted followed by tomato. Within 1/2 minute pour bread crumbs with accompanying spices. Stir and add the alamang, crab meat, tulya, their broths aforementioned, oysters, shrimps, followed by rice wine and gin. Stir. Add garlic, bay leaf, thyme, parsley, dilaw. Stir and lastly pour 2 cups water. Cover, let boil 15 minutes longer. Stir occasionally.

Before serving, pick up bay and dilaw, discard them.

Serving : 3 platters (bandejados)

RECIPE No. 73

OYSTERS A LA D'UXELLES

2 cups clean oysters (savory in April-May) 480 grams from Malabon or Dagupan
4 pieces big dried mushrooms with stems and crowns removed, scrubbed well and soaked in water
1/2 hour, chopped and resulting 2 tablespoons in measure
2 tablespoons Golden State butter
2 tablespoons cornstarch
1/2 teaspoon refined salt
1/2 teaspoon juice American lemon
1/8 teaspoon Cayenne pepper McCormick
20 small pan de sal crumb removed, toasted crisp
1 beaten egg

Wash and boil once the oysters, filter juice in fine colander. Set aside oysters. Resulting broth 1 cup, of which 3/4 only to be used. Dissolve cornstarch little in the 3/4 cup broth cooled beforehand. In a saucepan heat gently butter and saute mushrooms 5 minutes, stirring. Lower flame and pour slowly, stirring constantly the broth (the broth should contain the cornstarch beforehand, not otherwise). Cook 3 minutes further. Add salt, lemon and Cayenne pepper. Stir well and remove from heat. Immediately add beaten egg and stir well. Scoop up and tap 3 oysters with trimmings to every pan de sal.

Serving : 40 pieces called "vol-au-vents" in 3 platters (bandejados)

RECIPE No. 74

FRIED OYSTERS IN BATTER

2 cups clean oysters from Malabon, Dagupan or Obando (savory in April-May) 48 0 grams
1 cup lard
1/2 teaspoon parsley flakes Schilling
1 American lemon quatered

Batter

2 eggs well beateb
1 teaspoon refined salt
1/8 teaspoon white pepper powder McCormick
1 cup cornstarch
3/4 cup good fresh carabao milk
1 teaspoon Borden's Cremora

Arrange oysters flat on a newly washed towel and dry them by rolling, tilting alternately either end of towel with both hands. Pour gradually and stir in a bowl the beaten eggs, salt, pepper, Cremora and cornstarch in little carabao milk to the consistency of paste until all ingredients are dissolved. Then more of the milk can be added until finished. This is the batter. Drop into this batter all oysters and soak them well.
In a skillet boil lard. Drop quickly with serving spoon one by one oyster complete with batter stirred everytime, 20 of them per batch. Oysters should not be fried beyond golden yellow, otherwise their flavor would be impaired. Drain and sprinkle them with parsley and serve them with a quartered lemon on edge of platter.

Serving : 2 platters (bandejados) with 30 oysters each

RECIPE No. 77

BEGUCAN

1/2 kilo pork with little fat cut 1/2 square inch
2 heads garlic peeled, chopped
6 ripe saba banana peeled, sliced
4 tablespoons bagoong from Dagupan
1 piece finger-nail size dilaw (curcuma) peeled and crushed
1/2 cup good nipa (sasa) vinegar
2 pieces bay leaf
1 tablespoon lard
1 cup boiling water

Squeeze and filter bagoong in a bowl. Set aside. The coarse bagoong that remains can be cooked and used later as ingredient for tomato sauce or otherwise.

In an old clay pot heat gently lard and saute garlic until wilted. Stir. Drop dilaw and crush with ladle (sandok) 1 minute. Pour bagoong sauce aand stir. Add pork and turn constantly until tender for 5 minutes. Add sasa vinegar and bay leaf. Do not cover. Lower flame. Let boil 1 minute. Pour 1 cup boiling water. Do not stir, do not cover.

Upon boiling, stir and cover with fitting clay lid. Stir once more when pork fat begins melting. Remove bay leaf and dilaw, add bananas.

Serving : 2 platters (bandejados)

RECIPE No. 79

MECHADONG SOLOMILLO A LA FRANCESA

- 1/2 kilo beef flank (kabilugan)
- 1/4 kilo pork fat (liempo)
- 4 medium-size potatoes, quartered
- 1 big onion peeled, chopped
- 1 head garlic, peeled, chopped
- 1/8 teaspoon cloves (clavos de especia)
- 1/8 teaspoon thyme McCormick
- 1 teaspoon paprika fresh McCormick
- 2 pieces carrots diced
- 2 tablespoons Gilbey's or A. van Hoboken, gin
- 2 tablespoons Kikkhoman soy sauce
- 1 tablespoons Golden State butter
- 1 tablespoons cornstarch dissolved in little cold water
- 2 cups boiling water

Slice beef 1/2 inch thick and cut into 3-inch serving portions. Make round holes like 50-centavo size in the middle of the beef to fit the "mecha" (larding) which is the pork fat stuffed into the holes with some onion and garlic. Broil larded or mechado over gridiron on moderate heat, turning constantly until brown. Set aside.

In a large saucepan heat gently butter. Arrage mechado with the cuttings from holes. Turn them twice. Add cloves, thyme, paprika. Turn and stir. After 1 minute pour gin followed by soy sauce. Turn and stir. Transfer everything to a suitable old clay pot. Dump carefully potatoes and carrots. Add 2 cups boiling water. Cover with fitting lid and cook over embers slowly for 3 hours. Turn now and then. Lastly pour cornstarch solution and stir until-sauce thickens. Remove from fire and serve.

Serving : 3 platters (bandejados)

RECIPE No. 85

CAMARON REBOZADO CON JAMON

2 "litro" medium-size fresh shrimps 46 counted scalded in little boiling water, shelled, slit at the back and deveined, head removed
1 cup Hoksiew ham cooked and chopped 120 grams
7 tablespoons cornstarch
1 teaspoon baking powder Calumet
4 eggs well beaten
4 cloves garlic peeled, crushed
1 level teaspoon refined salt
1/2 teaspoon black pepper powder
Juice of 1 kalamansi, filtered
6 tablespoons lard

Salsa agri-dulce

2 tablespoons cornstarch dissolved gradually in
1-1/2 cup cold water
3 tablespoons sauce of dill pickles
2 teaspoons white sugar
Juice of 2 kalamansi
3 teaspoons Magi sauce
2 pieces finger-nail size ginger peeled, crushed

Stuff slit back of shrimps with ham and carefully squeeze. Marinate (soak) them in kalamansi juice, pepper and garlic for 2 hours. Set aside. Mix

salt, baking powder, eggs and cornstarch in a bowl and beat them smooth. This is the batter.

Drain shrimps. Dip now marinated shrimps one by one in batter (rebozar). Deep-fat fry them in a skillet in batch of 12, turn until golden brown. Serve hot.

Salsa

Dissolve slowly cornstarch in cold water. Pour sugar, pickles sauce, kalamansi juice, Magi sauce and ginger, beat until smooth. In a porcelain saucepan heat gently the sauce with constant stirring until thick and transparent.

Serving : 2 platters (bandejados)

RECIPE No. 86

KEKIAM

1/4 kilo pork lomo (tenderloin) ground 1-1/8 cup
1/4 kilo pork fat untosinsal (omentum) ground 1-1/8 cup
1 cup medium-size fresh shrimps, shelled, heads and appendages removed, ground 1 cup
1 cup cornstarch
4 well beaten eggs
1/4 cup spring onion finely chopped
1 cup lard
1 teaspoon refined salt
2 pieces untosinsal without holes each for wrapping
40 centimeters long by 30 centimeters wide
10 sprigs culantro or coriander

Salsa

Juice of 1 kalamansi
1/2 teaspoon refined salt
1 teaspoon French mustard
1 cup sweet-sour pickled finely sliced radish
1 piece red sili labuyu, crushed
All blended in conveniently

Grind separately pork lomo, pork fat and shelled shrimps. Mix, beginning with salt, spring onion, cornstarch, eggs. Blend in mixture gradually and thoroughly with shrimps first, then pork lomo and lastly fat by kneading.

Divide and roll the mass into 2 portions. Wrap each portion into untosinsal, fold and tie up both ends. Arrange and cover the 2 portions in the upper vessel of a double boiler or steamer, the water boiling beforehand in the lower vessel. Steam for 1/2 hour. More than 1/2 hour steaming might weaken untosinsal wrapping upon melting its fat. Let kekiam cool down, drain and slice 1/2 across (medallones). Fry the "medallones" in low flame until golden brown and drain. Serve with sprigs of culantro or wansuy around platters and accompanied by the Salsa aforementioned.

Serving : 2 platters (bandejados)

RECIPE No. 99

BUDIN

1	loaf fresh American bread
2	cans Evaporated milk 14-1/2 ounces
1	Spanish chorizo boiled in 1/8 cup water
60	grams cooked Hoksiew ham without fat, chopped 1/2 cup
3	tablespoons Edam cheese grated
2	tablespoons Golden State butter
4	well beaten eggs
1/8	cup water for boiling the chorizo

Cut the bread into small pieces and soak in the evaporated milk. In another vessel boil chorizo in water until tender, drain and set aside. Finely chop chorizo and ham.

Grease 2 "lleneras" or 12-inch square pans with butter. Combine gradually and thoroughly in a bowl the milk soaked bread, ham, chorizo, cheese, butter and eggs.

Pour mixture carefully into the molds to a level 1 inch below the brims to prevent overflowing due to heat. Bake at 350 degrees Fahrenheit 10 minutes.

Serving : 2 platters (bandejados)

RECIPE No. 101

PISTO

1/2 kilo pork with little fat, minced
3 medium-size tomatoes, scars and blemishes removed, chopped
1/2 big onion peeled, chopped
3 cloves garlic peeled, crushed
2 medium-size potatoes, peeled, diced
1 tablespoon lard
1 teaspoon refined salt
1 small can sweet pepper or pimiento 7 ounces
1 small can green peas "Primo" 6 ounces 2 well beaten eggs
2 tablespoons fresh carabao milk
1/2 cup boiling water

In an old clay pot heat lard gently. Saute garlic followed immediately with constant stirring by onion, salt, potatoes, pork, until light brown for 5 minutes. Add 1/2 cup boiling water. Cook 5 minutes further. Cover with fitting lid. Lower flame. Stir now and then. Pour now tomatoes followed immediately by green peas and sweet pepper. Stir carefully. After 2 minutes remove from fire the pot. Add eggs and milk. Mix thoroughly and serve.

Serving : 2 platters (bandejados)

RECIPE No. 102

BABING LUTUNG TAHURI

1/2 kilo pork lomo (tenderloin) cut into serving pieces
Finger nail-size ginger, peeled, finely chopped
3 cloves garlic peeled, crushed
1/2 big onion peeled, thinly sliced
1 small slab of white bean curd (tahuri) dissolved in little water
1 tablespoon lard
1 tablespoon San Miguel or A. van Hoboken, gin
2 tablespoons good nipa, (sasa) vinegar
2 pieces ripe saba bananas peeled, thinly sliced
3-1/2 cups boiling water

In an old clay pot heat lard gently. Saute garlic, onion, tahuri and ginger crushed with laddle (sandok) stirring often. Quickly add pork turning constantly 2 minutes. Pour gin and sasa vinegar. Do not stir, do not cover. Lower flame. Pour 3-1/2 cups boiling water and the saba bananas. Let boil for 10 minutes further until meat is tender. Stir occasionally and cover with fitting lid.

Serving : 2 platters (bandejados)

RECIPE No. 103

GOTO

1/2 kilo labot and librilyo (tripe and third stomach) of ox
1/2 cup slaked lime (apog)
1/2 big onion, peeled, chopped
1 head garlic, peeled, crushed
Finger-nail size ginger, peeled, finely chopped
3 stems spring onion, finely chopped
2 tablespoons lard
2 tablespoons good Navotas patis of fishy taste
1/4 cup clean rice toasted 3 minutes in skillet
1 teaspoon refined salt
4-1/4 cups water

Scrub with lime dispersed in little water and scrape with kitchen knife the labot and librilyo. Rinse meat until clean. Parboil 5 minutes in sufficient water. Discard limly broth. Cut into 1/2 square inch portions and boil until tender in 4-1/2 cups salted water and fit cover without overlapping. Turn occasionally. Set aside with broth after meat is done. Drain meat and leave broth for future use.

In another old clay pot heat lard and saute garlic, onion, ginger in low fire. Immediately pour patis and toasted rice. Stir constantly and cook 3 minutes. Dump gradually meat and stir frequently 3 minutes too. Pour broth, put cover. Moderate fire. Stir occasionally and cook 10 minutes further. As soon as rice softens avoid its swelling up to a sticky gruel, immediately remove goto from fire and sprinkle with spring onion, serve hot.

Serving : 2 soup-plates (soperos)

RECIPE No. 108

SINANTAN

(Ginatan)

2 ripe coconut fruits husked
3 ripe saba bananas, boiled, skinned, sliced thin
3 Bintog yellow-meat sweet potato, peeled, diced
2 purplish-meat sweet potato, peeled, diced
2 red-meat sweet potato, peeled, diced
1 large white gabe, peeled, diced
1 cup nangka fruit meat, chopped
2 cups malagkit (glutinous) corn, grated
1 cup sago (tapioca)
3-1/2 cups refined sugar
1/2 teaspoon anise seed McCormick
2 leaves aromatic pandan
2 cups water

Holding the husked coconut with the left hand locate the two eyes where are closer on either side (left or right of the performer). With the back of a heavy kitchen knife or "campit" strike with a sharp blow the girdle of the nut over a quart-size bowl to collect the sap which is set aside. With this technique you'll obtain a straight cut of the nut.

Grate coconuts and put meat in cheesecloth in a porcelain bowl. Squeeze to get the rich milk. Set aside. In another 4-quart porcelain casserole transfer the strained coconut still in cheesecloth and pour together 2 cups boiling water and the reserved sap above. Wring and cook on low heat with constant stirring. Drop yellow, purplish, red camote, gabe, saba banana, corn and pandan leaves. Stir constantly. As soon as coconut milk thickens, remove pandan leaves. Add tapioca, nagka and sugar. Stir constantly. One minute more pour the reserved rich coconut milk above and the anise seed. Stir to the end. Lift and serve while hot with Suman sa Buli.

Serving : 20 cups (tazas)

RECIPE No. 111

POSPAS MANUC

1 native pullet cleaned and dressed
Blood of this pullet sprinkled with little salt
2 big size potatoes cut into 16 serving pieces each
Finger-nail size ginger, peeled, finely chopped
1/2 teaspoon peppercorn
1 head garlic, peeled and chopped
2 small onions, peeled
2 stems spring onion, finely chopped
1/4 cup clean white rice, washed once
1/2 teaspoon refined salt
5 tablespoons fresh carabao milk
8 cups water

Salsa

5 tablespoons good Navotas patis of fishy taste
Juice of 2 kalamansi

Cut chicken into convenient serving portions. Set aside blood cut into cubes when clotted. In an old clay pot saute garlic until golden brown, set aside. In the same pot cover chicken with 8 cups water. Boil once. Fit clay lid without overlapping, lower flame. Add salt, rice, potatoes, onion, peppercorn and ginger. Stir every 5 minutes.

After boiling 1 hour add chicken blood and carabao milk. Avoid soup becoming of porridge consistency (which is un-Pampango). Before this happens remove Pospas from fire, scoop it up into soup plates sprinkled with the fried garlic and spring onions and complimented with the salsa Navotas patis-kalamansi. Serving : 8 soup plates (soperos)

Note : Educated people in Spanish call this Caldo de arroz not arroz caldo. Good for convalescent or undernourished people.

RECIPE No. 112

FISH AU BEURRE

900 grams lapu-lapu fish
3 tablespoons Golden State butter
1/2 teaspoon dried parsley flakes Schilling
1 teaspoon refined salt
2 tablespoons American lemon juice
3 pieces bizcocho de cana fine crumbs
1 American lemon cut into 8 slices
3 pieces red sweet peppers scalded and seeded, finely sliced lengthwise without ribs
1 egg

Scald fish with salted boiling water. After 5 minutes pick fish and clean skin with knife. Cut fish into sticks 1 inch wide by 3 inches long. Rinse sticks and dry them between folds of linen. In a bowl blend in and beat 2 tablespoons butter, parsley, salt, egg and lemon juice. Soak and roll in this mixture the sticks for 20 minutes.

In a platter arrange sticks and sprinkle thoroughly on both sides with the bizcocho crumbs. Heat gently butter and grease inside a PYREX baking pan. Bake at 350 Fahrenheit 35 minutes. When done remove from oven and garnish with 8 slices American lemon and strips of sweet pepper around platter.

Serving : 1 platter (bandejado)

RECIPE No. 113

TUGAC A BETUTE

(Stuffed frogs)

50 medium-size green-striped frogs
1/2 kilo pigi (fresh pork ham)
2 heads garlic, peeled
2 medium-size native red onions peeled
3 small stems of spring onion
1 teaspoon refined salt
Juice of 7 kalamansi
6 tablespoons lard
1/2 teaspoon black pepper McCormick
2 cups water

Clean in salted water the frogs. Remove fingers, feet, intestines, skin (from mouth down) which should be discarded except the roe or eggs if there are any. Mince the pigi together with 10 dressed and deboned smallest frogs among the 50 (leaving the 40 with bones). Mince in this order : pepper, garlic, onion, spring onion, adding salt, over a chopping block (sangkalan). Mix thoroughly all these ingredients.

While mincing meat combine the above mentioned mixture of ingredients adding some kalamansi juice. Gather combination with knife and mince over and over on sangkalan until a uniform dough is obtained by kneading. With this dough stuff loosely the hungry frogs including roe or eggs. Parboil frogs in 2 cups water in an earthenware and cover for 10 minutes. Set aside with their broth, good for 2 days. If you crave to eat them in no time, heat in a skillet the lard and fry them crisp.

Serving : 2 platters (bandejados)

RECIPE No. 114

SUAM MAIZ

5	medium-size tender yellow corn
5	medium-size glutinous (malagkit) white corn
1	tablespoon butter (not margarine)
3	large cloves garlic peeled, crushed
1	teaspoon salt refined
1	teaspoon refined sugar
3	tablespoons evaporated Alpine milk
20	sili leaves without fruit
4	cups boiling water

Grate corn. Brown garlic in butter in low flame. Add corn, stirring 3 minutes. Pour boiling water and stir for another 10 minutes. Add salt, sugar and milk, stirring. Remove from fire and drop sili leaves. Serve at once.

Serving : 6 soup plates (soperos)

RECIPE No. 115

PEPITORIANG MANUC

(Chicken Fricassee)

1	medium-size native pullet, dressed
1	chicken liver mashed
2	tablespoons lard
1	big onion peeled, minced
3	sprigs parsley, minced
1	teaspoon refined salt
1	teaspoon American lemon juice
1	tablespoon cornstarch dissolved in little cold water
4	large cloves of garlic peeled, crushed
	Yolk of 2 eggs beaten
1/8	teaspoon black pepper McCormick
4	cups boiling water

Cut up chicken into serving portions. In an old clay pot cover chicken with boiling water. Fit the lid without overlapping. Cook slowly for 1 hour. Stir occasionally. Remove from fire. Skim out chicken and reserve stock or broth.

Melt lard in another earthenware and saute garlic gently. Add chicken and baste 5 minutes. Pour over stock lemon, parsley, onion, salt and pepper. Cover and simmer until tender for 2 to 3 hours. Add liver, yolk, and cornstarch shortly before serving with stirring until slightly thickened.

Serving : 2 platters (bandejados)

RECIPE No. 116

LAGAT UTAC

(Choice Stew of Brains)

1/2	kilo ox brains (1-1/4 cup)
1	teaspoon American lemon juice
1	teaspoon flour
1	teaspoon evaporated Alpine milk
1	egg beaten
1/2	bizcocho de cana crumbs
1/4	big onion, peeled and minced
1/4	cup lard
1	clove garlic peeled, minced
1	sprig parsley minced
1	cup water
1	teaspoon refined salt
	Dash of cinnamon powder McCormick

Clean brains of membranes and blood. Rinse in cold water. Boil 5 minutes in salt water. Drain and soak 30 minutes in lemon juice, garlic, onion, parsley. Roll in batter of beaten-up egg, milk, flour and crumbs, then in crumbs again. Let stand a few moments to dry. In a skillet fry in hot lard at 300 Fahrenheit and baste constantly until golden brown. Drain and dust with cinnamon.

Serving : 2 platters (bandejados)

RECIPE No. 117

QUILAW CAMBING

(Relish of Goat Cocktail)

1 kilo goat meat
40 heads small red native onions, peeled, minced
10 red native sili labuyu, crushed
Juice of 3 American lemons
1 tablespoon San Miguel or A. van Hoboken, gin
1 teaspoon Lea & Perrins Worcestershire sauce
1 teaspoon French mustard
1 tablespoon refined salt

Select a castrated native goat eight months to 1 year old. No food but water should be given 24 hours before slaughtering. Brush dirt out of hair. After slaughtering hang goat from hind legs. Skin from legs down to neck, trying hot to cut or tear thin membrane under hide. Avoid rubbing goat's hair against flesh. Rinse incisions from top to bottom every time, first with water and lastly with strong vinegar. To skip cartilages, the flesh should be gently scraped with a keen curved-edge (cabasi) native knife.

To the raw meat pour over gin, worcestershire, lemon, mustard, sili and salt, and lastly the onions, in successive thorough kneading. Marinate 2 hours in this dressing. Serve in 2 platters (bandejados) as cocktail in between sips of high-balls or Courvoisier cognac. The surplus meat can be made into delicious Caldereta (Recipe No. 124) and the skinned head into sinigang acidified with Alibangbang leaves and whole tomatoes.

RECIPE No. 118

ATSARANG CAPAMPANGAN

(Pampango Sweet-Sour Mixed Pickles)

8 green native papaya 6 inches long, pared and grated whole (9 cups)
2 heads medium-size red onion peeled, sliced (1-1/2 cup)
2 red sweet pepper medium-size, seeded, in fine strips (2 cups)
1-1/2 cup refined sugar
2 heads garlic peeled, thinly sliced
1 medium-size carrot grated (1 cup)
2 medium-size radish scraped, grated (2 cups)
1 finger-size ginger peeled, sliced thin
1 tablespoon refined salt
3 cloves (clavos de especia)
3 cups year-old clear cane vinegar
1 tablespoon Sun Maid raisins

With one hand squeeze out sap of papaya, radish and carrot. Set aside. Sun dry papaya, carrot and radish, 1/2 day or place them in the oven half-closed to dry a few minutes (20 or more).

In a shallow bamboo basket (bilao) mix with the hands from the smallest to the largest amount of ingredients: clavos, ginger, garlic, onion, raisins, sweet pepper, carrot, radish and papaya. Set aside. In a porcelain vessel boil vinegar. Add sugar and salt, stirring often with wooden ladle (sandok) until sugar and salt are dissolved. Add now 9 ingredients with constant turning. Remove from heat after 1 minute, turning. Cool. Pack full in clean, dry bottles and cover. Consume within one month.

Serving : 15 cups (tazas)

Note : The juice of carrot and radish is a good source of vitamins.

RECIPE No. 119

DUAYAN LINAMNAM

5 small "mamon" muffins, mashed
8 native eggs, 4 of which remove whites, beaten
12 native "cereza" (Muntingia Calabura L.) red fruits, squeezed in cheesecloth for juice
1-1/2 cups granulated sugar
2 tablespoons imported butter (not margarine)
2 tablespoons Edam cheese grated
1 tall can evaporated milk Alpine
1/2 teaspoon vanilla extract
1/2 cup fresh creamy carabao milk
1/2 cup "macapuno" coconut meat scraped with the native "sacabocados"
1/2 cup "casoy" kernels roasted but not browned, chopped
1/2 cup cold water
Dash of cinnamon powder McCormick

Dissolve sugar in water. With constant stirring add eggs, vanilla, cereza juice, Alpine and carabao milk, butter, cheese, mamon, macapuno and casoy. Blend in all ingredients thoroughly. Bake in greased loaf pan PYREX or native "llenera" in moderate oven at 250 Fahrenheit about 1 hour until brown. Empty out when cold and dust lightly with cinnamon powder.

Serving : 1 platter (bandejado)

RECIPE No. 121

SEE PO

90 medium-size fresh shrimps
10 quail eggs hard-boiled, shelled
1 cup Baguio giant pea (chicharo) seeds
1/2 cup carrot, boiled, diced
2 tablespoons Hoksiew ham, cooked, chopped
2 tablespoons lard
3 cloves garlic peeled, crushed
3 cloves native onions, peeled, sliced
Dash black pepper McCormick
1/2 cup boiling water

Shell shrimps, remove heads, tails, appendages, devein. Set aside shrimps meat. Pour in a mortar shells, heads, tails, etc. Add little water, squeeze and filter in a bowl the juice. Set aside. In an old clay pot, heat lard and saute garlic a moment, with constant stirring, followed by onion, pepper, shrimp juice, ham and shrimp meat for 2 minutes. Lower flame. Add carrot and boiling water, cook for 6 minutes. Drop chicharo and quail eggs. Cook 2 minutes further, stirring often. Remove from fire.

Serving : 2 platters (bandejados)

RECIPE No. 122

CHING CHENG YEN TSAI

(Sopa de Nido)

1 ball swallow bird's nest, white
2 tablespoons cooked Hoksiew ham, without fat, minced
3 tablespoons red fat of cooked female crab
3 tablespoons yellow fat of cooked male crab
2 teaspoons sesame (linga) oil
6 cups chicken broth
3 cloves garlic peeled and crushed
3 cloves native onion peeled and chopped
1/2 teaspoon white pepper McCormick
1/2 teaspoon refined salt

Soak in a bowl of boiling water the nest 1 hour. As soon as it softens it is unreeled and cut 1 inch long. Set aside. In an old clay pot saute garlic with stirring 1 minute in sesame oil followed immediately by onion, pepper, salt and ham. Lower flame. Add bird's nest and stir 3 minutes. Pour chicken broth. Cook 8 minutes further, stirring occasionally. Add crabs' fat, stir and remove from fire.

Serving : 7-1/2 soup plates (soperos)

RECIPE No. 124

CALDERETANG CAMBING

1	kilo goat meat cut into serving portions
4	potatoes peeled, diced, 400 grams
4	ripe tomatoes, 150 grams
2	tablespoons canned sweet pepper
4	tablespoons canned green peas
2	hard-boiled eggs, sliced thin
15	green olives
1/4	cup lard
3	tablespoons olive oil imported, Spanish
1	head garlic peeled, crushed
1	head native red onion peeled, sliced
1	teaspoon pepper McCormick
1	teaspoon paprika (pimenton) McCormick
1	tablespoon refined salt
2	cups water

Please read Recipe No.117 in this book before proceeding. In an old clay pot fry in lard goat meat 5 minutes. If meat is fatty it will yield 1 cup lard. Drain meat and set lard aside in a bowl.

In the same pot heat gently olive oil and saute garlic until brown, followed with constant stirring immediately by onion, pepper, paprika, salt, potatoes. Drop fried goat meat into ingredients and stir thoroughly. Pour 2 cups water and cover with fitting lid without overlapping. Lower flame. Cook slowly for 40 minutes.

If meat is not yet tender, water 2 cups anew, if necessary, and cook further, stirring occasionally. When done add olives, tomatoes, sweet pepper and turn twice. Remove from fire and garnish on top with eggs and green peas.

Serving : 3 platters (bandejados)

RECIPE No. 126

RELLENONG BANGUS

1 medium-size bangus (800 grams)
1 hard-boiled egg, diced
2 tablespoons Sun Maid raisins
2 tablespoons green peas Baguio
1/3 teaspoon capers (alcaparras) Bizet
1-1/2 teaspoon Magi sauce
1 tablespoon San Miguel gin
Juice of 2 kalamansi, filtered
1/4 teaspoon pepper McCormick
2 cloves garlic, peeled, crushed
2 small heads onion, peeled, crushed
2 tablespoons Golden State butter
1/2 cup flour
2 cups lard for frying

Clean fish scales, gills, entrails. Pound carefully with back of knife to soften. Slit back and remove back-bone. With one hand press tail and with the other squeeze the meat out. Set aside. Soak skin 15 minutes in kalamansi juice, Magi sauce and pepper. Set aside.

In another vessel soak meat with the surplus mixture of kalamansi juice, Magi sauce and pepper. In a skillet melt butter and brown garlic and onion, followed immediately by bangus meat with constant stirring 5 minutes. Lower flame. Set aside and drain. Pick remaining bones. Add now and mix thoroughly egg, green peas, capers and gin.

Stuff fish skin with this combination and sew opening. Place bangus relleno over two layers of banana wilted leaves. Sprinkle whole fish with flour. Fry gently 4 minutes and turn until brown. Remove wrapping before serving and drain.

Serving : 1 platter (bandejado)

RECIPE No. 127

PAELLA VALENCIANA

1	fryer (1 kilo) dressed, boiled, cut in serving pieces, including liver and gizzard
20	medium-size fresh shrimps
20	clams (halaan)
20	oysters Malabon or Dagupan without shells
1	alimasag
1	Spanish chorizo, cooked and cut in 12 pieces
2	cups clean rice Milagrosa, Mimis or Wagwag
3	tablespoons green peas Baguio
4	tablespoons tomato paste in can
1	teaspoon pimenton (paprika) fresh , McCormick
1	teaspoon refined salt
1	sweet pepper in can
15	stuffed olives (olive pimiento)
6	tablespoons Spanish olive oil, genuine
2	teaspoons Spanish saffron or Philippine Kasubha (Carthamus tinctorius L.)
2-1/2	cups chicken broth from the above-mentioned fryer
1/2	cup water

In an old clay pot boil together 5 minutes shrimp, clams, alimasag, in 1/2 cup water and cover. Pick the meat from shrimp, clams and alimasag. Set aside and reserve broth. Cut boiled chicken into serving portions including its liver and gizzard. Set aside and reserve broth.

RECIPE No. 127 (cont'd)

In a big saucepan heat gently olive oil and fry chicken, liver, gizzard, stirring, until brown about 10 minutes. Add pimenton, saffron, salt, with stirring, followed immediately by rice with stirring. Pour broth of chicken, of shrimps, clams, alimasag, mentioned above. Turn 3 to 4 times and cover with fitting lid. Lower flame.

Cook 40 minutes longer. Lastly drop in this order: chorizo, tomato paste, green peas, sweet pepper, olives, alimasag, clams, shrimps and oyster. Turn 3 to 4 times and remove from fire.

Serving : 2 platters (bandejados)

RECIPE No. 128

BIRINGHI

1	medium-size (800 grams) native pullet dressed, cut in serving portions including liver, gizzard
7	cups grated coconut milk, squeezed, filtered from
2	nuts
2	hard-cooked eggs thinly sliced
2	sweet pepper in strips, roasted
4	cups clean malagkit rice, washed
1	head red onion peeled, sliced
2	cloves garlic peeled, crushed
1	teaspoon pepper McCormick
5	tablespoons good patis of fishy taste
3	tablespoons of dilaw (turmeric) juice
2	tablespoons lard
1	cup water
1	banana without midrib

Pound 1-inch long dilaw, add little water, squeeze and filter juice, set aside. Use kawali saucepan and siyansi (iron flat ladle). Saute garlic in low flame in lard until light brown, followed by onion, pepper, chicken, gizzard, about 5 minutes with constant stirring. Add patis and dilaw juice, stir. Immediately pour rice and turn 6 times. Gradually add coconut milk, stir. Cover with fitting lid without overlapping. Let boil and turn every minute to prevent scorching rice.

Add more water if necessary. Turn every 3 minutes and cook for 2 hours or until rice tastes nicely cooked. Transfer everything to another vessel adding this time the liver. Remove flame but embers. Spread a layer of clean banana leaves without midribs on the bottom of the saucepan.

Return carefully the biringhi to the dressed kawali. Place another layer of banana leaves on top of the biringhi and fit the lid.

In about 3 hours of accasional turning the food will be ready. Garnish with egg and sweet pepper.

Serving : 3 platters (bandejados)

RECIPE No. 129

MENUDONG CAPAMPANGAN

1	cup pork liver cut 1/2 square inch
1	cup pork kidney, dressed, cut likewise
1/2	cup pork lapay (spleen) cut likewise
1	cup of 2 chicken blood, cooked, cut likewise
1	big potato peeled, cut likewise
1	red sweet pepper skin without ribs, cut likewise
2	heads medium-size onion, peeled, sliced
1	medium-size ripe tomato, without crown, sliced
1	head garlic peeled, crushed
2	bay (laurel) leaves
1/2	teaspoon pepper McCormick
1	teaspoon refined salt
6	tablespoons lard
2	tablespoons genuine clear cane vinegar
1/2	cup rice wine Shao-Hsing
2/3	cup chickpeas (garbanzos) canned 8 ounces
1/3	cup juice of said chickpeas

Slit lengthwise and remove white membrane from kidney that causes objectionable odor and taste, and cut 1/2 square inch serving portions. Steep liver, spleen, kidney and blood for 1 hour in mixture of rice wine, cane vinegar, salt, pepper and bay leaves. Set aside. After 1 hour drain. In a balanga clay pot saute in large the garlic and onion until light brown with constant stirring, followed by drained liver, spleen, kidney and blood. Fry 5 minutes stirring often.

Add now mixture of wine, vinegar, salt, pepper, bay leaf, potatoes, chickpeas and their juice. Do not stir, do not cover. Lower flame. Upon boiling 1 minute cover with fitting lid.

Turn 6 times and cover correspondingly. In about 1 hour cooking, lastly drop tomato and sweet pepper. Turn 3 times. Remove the bay leaves and the food from fire.

Serving : 2 platters (bandejados)

RECIPE No. 130

TIDTAD

(Dinuguan)

1 kilo pork head, boiled until tender, diced
2 cups pork blood diluted in 1 tablespoon vinegar to prevent coagulation and filtered
1/2 kilo skin of cooked Hoksiew ham from Quinta Market, Quiapo, Manila
15 green kamias without crowns thinly sliced or
1/2 cup good cane vinegar
5 green long hot sili
1/3 cup rice wine Shao-Hsing, La Tondena
1/2 teaspoon peppercorn
1 tablespoon lard
3 cloves garlic peeled, crushed
1 head red native onion peeled, sliced
7-1/2 cups water

Boil in 3 cups water the ham skin 5 minutes. Discard the broth and replace with 2-1/2 cups water and boil anew and cover with fitting lid. Reserve this broth if not rancid. Set aside ham skin.

In an old clay pot saute garlic and onion in lard until brown followed by salt, peppercorn, pig head and ham skin with constant turning. POur ham skin broth and 2 more cups water. Cook in low flame for 1 hour with occasional turning. Add the kamias and the blood. Do not stir, do not cover. Wait until it boils. Lower flame. Cover and turn every 3 minutes. Cook 45 minutes or more. 5 minutes before serving, add rice wine and the green hot sili. Turn and cover.

Serving : 3 platters (bandejados)

RECIPE No. 131

ESTOFADONG CAPAMPANGAN

1 kilo liempo sa hulihan (porkloin chop) cut into
1/2 inch serving portions
4 ripe saba bananas peeled and sliced across
1/2 cup old clear cane vinegar
1/2 cup San Miguel or A. van Hoboken, gin
2 tablespoons sugar
1 teaspoon oregano McCormick
1 teaspoon peppercorn
2 bay leaves
5 pieces clavos (cloves) de especia
1/4 teaspoon curry or currie McCormick
1 teaspoon refined salt
3 tablespoons lard
1 head garlic peeled, crushed
2 heads red native onion peeled, sliced
1 piece Chinese sangki (star anise - Illicium anisatum L.) different from anise seed, pounded
1 cup water

In an earthen pot "palayok" heat gently lard and fry the liempo with constant turning 20 minutes when liempo will secrete its own fat. Pour in this order stirring often: garlic, onion, bay, oregano, peppercorn, cloves, curry, sangki, salt and sugar. More turning 1 minute. Lower flame. Add gin and vinegar. Upon boiling turn 3 times. Pour gradually water. Cook 30 minutes longer on embers. Drop bananas and turn occasionally. Remove from fire. Cover and serve the following day when the estofado will be most delicious. Remove bay, sangki and cloves.

Serving : 1 platter (bandejado)

RECIPE No. 132

GLORIFIED FONDUE

1	big potato pared, cut into cubes
50	pieces stale pan de sal cut likewise
70	medium-size fresh shrimps 2/3 cup dressed
2	beaten eggs
1/2	cup creamy carabao's milk or canned Alpine milk
2	tablespoos Golden State butter
4	tablespoons green peas Baguio
1	red sweet pepper in strips
1	head onion peeled, sliced
6	cloves garlic peeled, crushed
1	tablespoon good patis of fishy taste
6	tablespoons lard

Strip shrimp of shell, head, appendages and tail. Slit back and devein (2/3 cup). Set aside. Pound in a mortar shell, head, appendages, tail, squeeze and filter. Set aside juice.

In a saucepan fry gently potato in lard 5 minutes with frequent stirring. Scoop up and drain. Set aside. In the same saucepan toast the pan de sal often stirring 5 minutes. Scoop up and drain, set aside. In the same saucepan brown the garlic in lard, followed by onion, patis, shrimps and juice, green peas, sweet pepper and potatoes. Stir 1 minute. Lower flame. Add now butter, milk, egg and pan de sal. Stir often 5 minutes. Serve.

Serving : 2 platters (bandejados)

RECIPE No. 135

CABEZA DE JABALI

1 large pata or pig's foot (about 1 kilo)
Juice of 10 kalamansi filtered
3 tablespoons Madeira wine (medium rich)
1 tablespoon native onion peeled, mined
1 teaspoon refined salt
1/2 teaspoon parsley flakes McCormick
1/2 teaspoon black pepper
1/4 teaspoon nutmeg McCormick
10 pieces clavos (cloves) de especia
2 bay leaves
1/2 cup water

Stuffing

4 tablespoons Spanish chorizo or cantimpalo, minced
2 tablespoons cooked ham w/out fat (American style)
2 tablespoons canned sweet pepper
1 tablespoons sweet mixed pickles del Monte, minced
1 tablespoon cornstarch
2 well beaten eggs
33 cups water for cooking

Debone pig's foot carefully, out without damaging skin to the nail and remove membranes (lamad), scrape and mince the meat. Set aside. Soak for 5 days the meat and skin in the above-mentioned ingredients (from kalamansi to 1/2 cup water) and keep in refrigerator turning twice daily.

After 5 days remove bay leaves and squeeze meat and skin. Set aside juice. Blend in thoroughly the meat with the stuffing chorizo, ham, sweet pepper, pickle, cornstarch and eggs. Tie up with thread No. 20 the small opening. Stuff pata to 2/3 capacity only or it will break open when expanded by heat. Shake the pata to ensure perfect packing. Tie up now this end as before.

In a "kawali" saucepan, provided with bamboo lattice-work (sala) at the bottom, place the pata over. Pour reserved juice from above and 33 cups water. Cover with fitting lid. Cook slowly on low fire 5 hours, turning every 20 minutes until tender. Do not test with fork but with spoon.

Serving : 1 platter (bandejado) with 20 slices

RECIPE No. 136

GALANTINA

1	broiler -fryer chicken 1-1/2 kilo, dressed
1/3	cup Dry Sherry wine
5	tablespoons Pate de foie (liver paste) can, 3 ounces
4	tablespoons cooked ham without fat (American style)
4	tablespoons Spanish chorizo or cantimoalo, minced
1	tablespoon sweet mixed pickles Del Monte, minced
1	teaspoon capers (alcaparras) Bizet
1	tablespoon Golden State butter
1/4	teaspoon pepper McCormick
30	pieces truffles (trufas) black from France
2	well beaten eggs
1/2	carton Knox gelatin
	Juice of 1/2 American lemon, filtered
13	cups water

Slit back of chicken, carve out skin with knife without damaging it. Remove all bones. Parboil (sancocha) bones,legs, neck, wings, in 3 cups water. Set aside meat and reserve broth.

Combine and beat together eggs, butter, gelatin and lemon juice, followed by capers, pepper, truffles, pate de foie, sherry wine. Knead well in this mixture parboiled meat, ham and chorizo. Push back skin of neck and wings. With all these ingredients, including heart and liver, stuff now the skin pouch and shake to 2/3 capacity to avoid its breaking open when expanded by heat. Lace the openings with thread No. 20 Wrap the galantina

in cheese-cloth, fasten both loose ends and around in criss-cross fashion.

In an old clay pot "palayok" provided with bamboo latticework (sala) at bottom, place the galantinaover. Pour the reserved broth 2-1/2 cups and add 10 cups more water. Cover with fitting lid without overlapping.

Cook slowly for 3 hours turning and covering every 20 minutes until done. Test with spoon not with fork. Remove cheese-cloth before serving and slice crosswise 1/2 inch, accompanied by the glamor of the secreted gravy 1/3 cup.

Serving : 1 platter (bandejado) with 15 slices

RECIPE No. 137

PASTEL

(Chicken Pie)

1	broiler-fryer chicken (3 months old) 1-1/2 kilo, dressed, parboiled, deboned, and cut 1/2 inch (2 cups)
6	giblets free from membranes (lamad) parboiled with chicken and cut likewise
3	chicken livers cut likewise
10	hard-cooked quail eggs shelled and halved
1/3	cooked carrot cut into cubes
1/3	cup canned green peas drained
2	tablespoons Golden State butter
1/2	large onion peeled, chopped
1/2	teaspoon pepper McCormick
1	Spanish chorizo or cantimpalo, minced (4 tablespoons)
1	can Vienna sausage Tid-bits, Royal, 7 ounces, drained
1	cup cauliflower cut in flowerettes
1	cup canned asparagus tips drained
15	pieces canned mushrooms 4 ounces from Hongkong
1	tablespoon canned sweet pepper
1	tablespoon Angostura Aromatic Dr. Siegert
1/2	cup juice of asparagus tips above
1-1/2	cup water

Pastry for crust

1/3 cup all-purpose flour
1/2 teaspoon refined salt
1/2 teaspoon lemon juice filtered
4 tablespoons Golden State butter

Drain green peas, Vienna sausage, mushrooms, of their salty juice. In an old clay saucepan parboil 3 minutes chicken with giblets and quail eggs; 1 minute: carrot and cauliflower. Drain, set aside meat and vegetables and broth. In the same saucepan cook in low fire onion in butter till tender, but not brown. Drop pepper, chicken, giblets, chorizo and stir 3 minutes. Pour reserved broth, asparagus juice, Angostura, followed by carrot, cauliflower, mushrooms, asparagus tips, green peas and sweet pepper. Turn 3 times. Add quail eggs. Heat to bubbling.

Pour into heated shallow casserole or pyrex dish with pastry crust. Bake in slow oven 300 Fahrenheit for 35 minutes or until crust is lightly browned and crisp.

To make pie crust: cut paper pattern to fit top of baking dish. Apply pattern on top of rolled dough; cut out with pastry wheel or knife and fit the brim of baking dish.

Serving : 1 platter (bandejado) for 12 guests.

RECIPE No. 138

LONGANIZA

1 kilo pigi (fresh pork ham) ground
1 head garlic peeled and minced
1/2 Chinese sangki (star anise - Illicium anisatum L.) different from anise seed
1 teaspoon pepper McCormick
1/2 teaspoon nutmeg McCormick
2 teaspoons pimenton (Paprika) fresh McCormick
10 pieces clavos de especia (cloves) crushed
2 tablespoons refined salt
1 tablespoon brown sugar (not panocha)
1/2 teaspoon saltpeter (salitre) U.S.P.
1/2 cup clear old cane vinegar
Juice of 5 kalamansi filtered
6 tablespoons Dry Madeira wine
2-1/2 yard pig's intestine for casing

In large porcelain or glass bowl combine vinegar, kalamansi juice and wine. Add and blend in thoroughly the 9 ingredients from above (garlic to salitre). Refrigerate mixture 24 hours turning every 6 hours. After this, stuff intestine with pork mixture using a brass wide-stem funnel. Tie up with thread No. 20 at 4-inch intervals including both ends. Sun dry 3 days protected from insects and animals. To cook, boil them gently in 1 cup water and fry them in their own fat prickling with fork beforehand.

Serving : 20 langanizas for 10 guests

Note: Such funnel was purchased half-way on Santo Cristo Street, Binondo, Manila.

RECIPE No. 141

FAMOUS BOLA-BOLAS OF ATENEO DE MANILA

1/2 kilo ground beef
13 pieces stale bread, pounded and sifted
equal 1-1/3 cup
1 head garlic peeled and minced
1/2 large onion peeled and minced
1/4 teaspoon pepper McCormick
I teaspoon refined salt
5 tablespoons all-purpose flour
2 cups lard

Mix thoroughly from the smallest to the largest amount to insure even flavor: pepper, salt, garlic, and onion. Gradually knead this mixture with the bread crumbs and flour. Add gradually beef and knead as before. Shape into small balls the mixture with the aid of a tablespoon. Steam meat balls 30 minutes over a bamboo latticework (sala) and cover with fitting lid. In a skillet boil lard and arrange the meat balls in one layer and fry 10 minutes, turning carefully once. Upon floating they are done, scoop up and drain them. Prepare another batch for frying meat balls and repeat process to the end.

The bola-bolas served hot used to be accompanied by stewed beans (without pork) as in Hunt's pork and beans. That's how we eat them at the Spanish Ateneo de Manila since Dr. Jose Rizal's time. Sometimes stewed chick peas or garbanzos go with them.

Serving : 1 platter (bandejados) of 61 balls

RECIPE No. 143

TURRON PAMPANGO

(Alicante Style)

600 cashew (casoy) nuts pared, toasted but not browned 300 Fahrenheit, ground with grater
40 chicken egg whites from refrigerator to avoid yolk breaking
4 cups pure natural bee honey
6 cups clear and thick syrup
320 wafers (obleas)

Beat well the egg whites till stiff peaks form (a la nieve in Spanish). Mix syrup and honey in a 4-quart saucepan and heat gently on coal, boiling until by dropping a few drops of syrup into cold water, drops form into ball, the "light-crack stage" (puntung kiping in Pampango) is reached at 268 Fahrenheit temperature. When the syrup-honey has reached this stage, drop the casoy nuts and egg white. Stir constantly with a thick one-piece wooden ladle (sandok). When the turron becomes firm, dump it carefully onto a clean greased table or low dining table (dulang). While still hot, spread turron evenly 1/4 inch thick with buttered rolling pin. Cut turron with greased keen knife into pieces 1/2 inch wide by 2-1/2 inches long. Wrap each piece in wafer, press with fingers both extended ends to seal and cut with scissors to desired fashion.

Wafers (obleas) are prepared beforehand with flour dispersed in cold water and baked on preheated wafer-iron like in barquillos making. They are usually wrapped in moist cheesecloth before using for easy handling.

Serving : 300 pieces turron (nougat)

RECIPE No. 146

TAMALIS

1	can yellow corn flour Quaker 1 lb. 4 oz. equal 2-1/2 cups
3	cups clean rice
8	cups milk of 3 coconuts, filtered (3 cups from first squeezed grated coconut meat plus 5 cups water added to residue, squeezed and filtered again)
1	can chickpeas (garbanzos) 8-1/2 oz., pee;ed, equal 6 tablespoons
1	can sweet pepper (pimiento) 4 oz. thinly sliced
2	tablespoons cooked chicken's breast finely shredded
2	tablespoons cooked pork's skin (head) cut 1/2 inch square
2	tablespoons cooked Hoksiew ham cut likewise
3	tablespoons well boiled peanut, skinned, halved
3	hard-cooked eggs, shelled and thinly sliced in 1/4 portions
16	medium-size boiled shrimps, shelled, halved, deveined
1/2	cup toasted peanut, skinned and well crushed
2	tablespoons refined salt
2	teaspoons pepper McCormick
40	pieces banana leaves, wilted under the sun or by fire, wiped clean and with ribs removed to be used split for tying the tamalis
5	cups water to be used as mentioned above for coconuts
4	cups water for toasted rice below

In a large bowl dissolve gradually corn flour with coconut milk, add pepper and salt. Set aside. In a big saucepan "kawali" toast on low fire the rice with constant stirring till browned, add water and grind fine. Set aside.

Next, combine in the same saucepan the corn-flour-coconut milk, pepper-salt mixture with the ground rice solution. Cook 45 minutes on low flame with constant stirring. While cooking, within 10 minutes add toasted peanuts. Scoop up 3 tablespoons of the tamalis and on two layers of banana leaf without rib, form a 3 by 3 inch square molded pattern by folding the leaf around with the fingers. Garnish tamalis with one piece of each: chicken, ham, pork skin,shrimp, egg, chickpea, sweet pepper, boiled peanut halved. Wrap up tamalis with laces made from stripping the banana ribs in crosswise fashion. Repeat the procedure for the remaining mass. Prepare a large boiler "kawa" with strong bamboo latticework "sala" at the bottom and add water sufficient to cover the tamalis. Arrange the tamalis over the "sala" leave a space at the circulation of hot water and cover "kawa" with fitting lid without overlapping. Boil 1 hour 15 minutes. Within 30 minutes of boiling add more water to former level. Serve within 24 hours, after which refrigerate the unconsumed tamalis.

Serving : 32 tamalis, 3 by 3 inches

RECIPE No. 149

ESPASOL

1 cup Wagwag rice toasted brown, ground fine, sifted
1 cup glutinous (lacatan) rice toasted brown, ground fine, sifted
1 cup milk from coconut meat, grated, squeezed, filtered
2 cups refined sugar
1 cup fresh, creamy carabao milk
2 leaves aromatic pandan
1/4 teaspoon anise seed McCormick

In a bowl combine both thoroughly, the toasted, ground and sifted Wagwag and glutinous rice. Set aside 1/2 cup of this mixture (galapong) dor dusting later. Dissolve and stir well the remaining portion of this mixture in the coconut milk. Set aside. In a porcelain 2-quart saucepan dissolve sugar in carabao milk and boil gently on low flame with constant stirring with strong wooden ladle (sandok). Before milk begins to boil drop pandan leaves 3 minutes and remove them as soon as milk boils. Pour now the galapong-coconut milk mixture from above. Stir constantly. Add anise seed and stir further constantly till firm enough to cut (Kalamay stage). Scoop up kalamay and spread over a clean low dining table (dulang) dusted with the two-rice mixture (galapong) set aside above. Flatten to 1/4 inch thickness with greased rolling pin. With buttered keen knife cut into 1-inch diamond-shaped pattern. Dust around each slice with the galapong. Wrap in group if desired.

Serving : 3 platters (bandejados)

RECIPE No. 150

LE GATEAU SANS RIVAL

12 egg whites from chicken fresh eggs
2 cups refined sugar for the meringue
2 cups cashew (casoy) kernels finely chopped
1 teaspoon cream of tartar (HKC4 H4 O6)
1 teaspoon vanilla

Prepare four baking plates 9 by 12 inches size well greased on top covered with wax paper also well buttered on top. Beat egg whites with cream of tartar adding gradually sugar. Continue beating until stiff peaks are formed. Add gradually cashew kernels and vanilla. Turn a few seconds to avoid melting of the whipped cream. With spatula spread 1/2 inch thick the meringue over the baking plates covered with the wax paper. Preheat oven. Bake at 300 Fahrenheit for 30 minutes or until golden brown. Remove wafers from the oven. While wafers are still hot, peel off wax paper and slip wafers to a flat surface. Cool.

Filling

12 yolks from fresh eggs above
2 cups refined sugar
2 tablespoons bee honey
1 cup water
1 pound (454 grams) Golden State butter
2 cups cashew (casoy) kernels finely chopped

Beat egg yolks until lemon yellow and thick. Dissolve sugar and honey in water. Boil gently until it spins a thread, becomes syrup at 234 Fahrenheit. Add syrup by tablespoons to egg yolks while beating. In a bowl beat well butter without lumps. Combine all syrup-egg yolks-butter mixture. Cool in refrigerator a few hours. With spatula cover with filling the wafers and make two or three decks as desired, leaving the top filling exposed to be sprinkled with chopped casoy kernels. Return Sans Rival to refrigerator. Serve chilled.

Serving : 108 tidbits

RECIPE No. 152

SHISH KEBAB

2 pounds (908 grams) sirloin Swiss steak cut into bite-size portions
10 bacon slices, cut likewise
10 chicken giblets halved
1 tablespoon Golden State butter
1 red sweet pepper quartered
1 green sweet pepper cut likewise
3 large white onions peeled, sliced 1/2 inch

Marinade

1/2 cup salad oil
1/4 cup lemon juice
1/2 cup onion peeled, chopped
1 tablespoon Kikkhoman soy sauce
2 cloves garlic peeled,chopped
4 tablespoons Madeira wine
1 tablespoon Angostura Aromatic Wuppermann

In deep bowl blend in all ingredients under marinade. Soak steak and giblets overnight in refrigerator. Turn every six hours. After 12 hours, skewer on bamboo sticks alternately, steak, onion, giblet, red pepper, bacon, green pepper or as desired. Broil over hot coals to medium-rare 12 minutes, turning frequently and brushing often with melted butter. Serve with hot rice curry.

RECIPE No. 152 (cont'd)

Rice Curry

To 4 cups boiling water add 1 teaspoon butter, 1 cup yoghurt, dash of cinnamon powder, salt to taste. Stir in 1 cup Wagwag rice and 1 cup glutinous (lacatan) rice and 1 teaspoon curry powder Madras or Morton. Boil and lower heat, cover with fitting without everlapping lid. Cook 30 minutes. Makes 6 cups.

Serving : 10 skewers

RECIPE No. 153

CAVIAR ITU

1/2 cup roe of large catfish (hito)
1 medium size onion, peeled, chopped
2 cloves garlic, peeled, chopped
1 teaspoon Kikkhoman soy sauce
1/3 teaspoon black pepper McCormick

In a porcelain vessel knead roe with and marinate 5 hours in the ingredients mentioned. Wilt banana leaves on coals. With keen knife strip the midribs and split into fine strings. In three layers of banana wilted leaves, wrap the roe and fold square on four sides. Tie up crosswise with several strings to resist heat. Cover the preparation with embers and ash to cook 15 minutes. Chill. Spread on crackers trimmed with drained capers Bizet while leisurely sipping 3 generous dashes of Angostura Aromatic Bitters on 3 ounces port wine.

Serving : 1 saucer (platito)

RECIPE No. 155

KIPING MANI

(Peanut brittle)

2	cups raw and dry peanuts
2	cups refined sugar
1	cup corn syrup Karo white
1	cup water
2	teaspoons Golden State butter
1/4	teaspoon refined salt
1/4	teaspoon baking soda (sodium bicarbonate USP)

Cover the peanuts with boiling water 3 minutes. Chill under cold water. Remove skin. In a heavy skillet, combine sugar, corn syrup and water. With constant stirring with strong wooden ladle (sandok) cook under low heat till sugar dissolves and soft-ball stage is reached 238 Fahrenheit about 1 hour 50 minutes (test a few drops in cold water and make balls with fingers). Add peanuts and salt. Cook to hard-cracked stage 290 Fahrenheit stirring constantly. Remove from heat. Pour butter and soda. Stir constantly. Mixture will now swell up and bubble. Pour onto a clean greased flat surface. Spread quickly with buttered clean knife (kampit kabasi) to 1/2 inch thickness. Keep knife moving under candy so it won't stick. Break into bite-size portions when cold.

Serving : 2 platters (bandejados)

RECIPE No. 158

SHORT CUT HAM

1 kilo pigi (fresh pork ham) thinly sliced
3 tablespoons refined salt
1 tablespoon refined sugar
1 teasspoon saltpeter (salitre, KNO3, USP)
1 cup boiled water, cooled
1/2 cup pineapple juice Dole

Chill pork 48 hours after slaughtering. Cut thinly sliced meat across grain in jar-size portions. Trim excess fat, cartilage (lamad), rind and bones. Dissolve salt, sugar and saltpeter in 1 cup boiled water, cooled. Spread in layers in a wide mouth glass jar and add pickle (salt, sugar and saltpeter) solution sufficient to cover meat. Cover jar and store in refrigerator. With two forks (avoid bare fingers) turn over meat every 12 hours. On the 5th day the pickle should have been absorbed by the ham. Let it will develop a piquant flavor. More turn overs. Boil gently in water 1 hour. Cover with fitting lid. Water 3 times until tender. When done and the water has evaporated, add the pineapple juice. Cook 1 minute more and turn over a few times.

Serving : 3 platters (bandejados)

RECIPE No. 160

BURUNG MANGGANG MEYUMUAN

(Sweetened mango pickle)

6 medium size half-ripe mangoes, pared and sliced thin lenghtwise
2 teaspoons refined salt
5 teaspoons refined sugar
4 cups water for salt
2 cups water for sugar

In a large porcelain bowl dissolve salt in 4 cups water. Soak mango in this solution 2 days or 48 hours. After this, discard used salt water. Cleanse mangoes in water once and drain. In the same bowl, dissolve sugar in 2 cups water. Return mangoes to the sugar solution. Keep one (1) week in refrigerator. Mangoes can be eaten after 3 days. On the 7th day, the mangoes are on their yummiest glory and crispness. Even the pickle solution at this period through cloudy, tastes swell like champagne, due to alcoholic fermentation. A little bit later, the solution undergoes acetic fermentation when it will serve better as vinegar for "paksiew" dishes or as another ingredient with acidic accent. Hence, drain and refrigerate the mangoes.

Serving : 2-quart jar (garrafon)

RECIPE No. 161

BURUNG TALANGKA

(Small crab paste)

100 female small crabs (Talangka-Thelphusa indica Lath.) from fishponds during July, August, alive bearing reddish-yellow fat (aligi)

10 teaspoons common salt

Juice of 6 kalamansi, filtered

In a clean clay pot "palayok" dump the talangka and pickle them with salt, turning with a wooden ladle (sandok). Cover with clay or tin lid. Let them stand 24 hours rinse them in running water. With clean bare hands pry open the back case (carapace) of the crabs. Scrape the reddish-yellow fat with fingers and empty into a porcelain tumbler with handle. Discard the crabs with black fat. Then fold the abdomen outside so as to expose the fat and squeeze it with thumb and fingers and empty into the tumbler as before. When finished add and stir the kalamansi juice. Bury to 2/3 level the tumbler through steaming rice while half cooked, cover. Before eating, always heat talangka paste in this way to avoid possible bowel and stomach resentment.

No better accompaniment than Wagwag-Malagkit rice steamed.

Serving : 1-1/2 cups

RECIPE No. 162

TURKEY CHESTNUT STUFFING

3	tablespoons Golden State butter
1	small stem celery chopped
2	medium-size onions peeled, chopped
3/4	kilo Mandarin chestnuts finely chopped
3	beaten eggs
	Chopped liver of turkey
1/4	kilo pork sausage sliced
1	piece Chinese sangki (star anise - Illicium anisatum L.) different from anise seed, pounded
1	loaf white bread soaked in:
1	cup creamy carabao's milk
3	tablespoons chopped parsley
1/2	teaspoon Maggi sauce
1/8	teaspoon pepper McCormick
	for 3-kilo turkey

Boil chestnuts for 20 minutes, peel carefully removing all portions of brown shell and skin and chop fine. Melt butter and saute lightly onion, followed by Maggi sauce, pepper, celery, parsley, sangki and chestnuts. Cook 15 minutes, stirring often. Cool. Add beaten eggs and all other ingredients including bread squeezed dry. Mix and knead thoroughly. Dry inside of turkey with cloth before stuffing to 2/3 capacity. Shake turkey before lacing and roasting.

RECIPE No. 163

SMORGASBORD' SALAD

1	cup boiled chicken cut in strips
1	cup cooked carrots diced
1	cup cooked beets diced
1	cup "delicious" apples cut in thin strips
1	cup canned green peas (guisantes), drained
1	cup American fresh celery cut in thin strips
2	cups mayonnaise
1/2	cup sweet mixed pickles chopped
1	hard-boiled egg thinly sliced
	Lettuce, chilled, dry and crisp to line the serving bowl
1	piece ripe olive

Mix ingredients in large bowl thoroughly. Moisten with mayonnaise. Mold salad, chill in refrigerator and serve on a bed of lettuce. Garnish with slices of hard-boiled egg and crown the top with a ripe olive. Sometimes Baguio lettuce harbors amoeba, it's safe to rinse one (1) minute salad vegetable in dilute vinegar.

Serving : 6 cups (tazas)

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